This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-9 (Canceled)

10. (Previously presented) A method for recording ingestible products consumed comprising:

providing a template on at least one of a periphery of a package and a container containing an ingestible product; the template comprising a recordable surface and an entry field for recording information about the ingestible product;

recording at least one of quantity of ingestible product consumed and a time a quantity of ingestible product was consumed on the template; and

recording a quantity of ingestible product consumed by each of two or more different individuals.

- 11. (Previously presented) The method for recording ingestible products consumed of claim 10, wherein the quantity ingested and the time the quantity was ingested are both recorded on the template.
 - 12. (Canceled)
- 13. (Previously presented) The method for recording ingestible products consumed of claim 10, wherein the template comprises one or more pre-formatted fields.
- 14. (Previously presented) The method for recording ingestible products consumed of claim 10, wherein the template comprises adhesive for affixing on the at least one of a periphery of a package and a container containing an ingestible product.

- 15. (Previously presented) The method for recording ingestible products consumed of claim 10, wherein the template comprises either an adhesive backed note pad or a note pad comprising tear lines.
- 16. (Previously presented) The method for recording ingestible products consumed of claim 10, wherein the template comprises part of a surface of the periphery of the package or the container.
- 17. (Previously presented) The method for recording ingestible products consumed of claim 10, further comprising an identifier.

Claims 18-26. (Canceled)

- 27. (Withdrawn) The template of claim 32, further comprising a writing instrument positioned adjacent the template.
- 28. (Withdrawn) The template of claim 32, further comprising a pocket, wherein the template is positioned inside a receiving space of the pocket.
- 29. (Withdrawn) The template of claim 32, further comprising a security shrink wrap wrapped over the template.
- 30. (Previously presented) A template for recording information about an ingestible product comprising:

a recordable medium comprising:

a plurality of sides;

a plurality of lines printed on the medium, the plurality of lines defining a plurality of entry fields for entry of information about the ingestible product, and a pre-formatted field comprising at least one printed word, said at least one printed word conveying information for recording a time representing a future event.

- 31. (Previously presented) The template of claim 30, further comprising a first name entry associated with the at least one printed word and a second name entry in combination with a time entry, said time entry indicative of a future event.
- 32. (Previously presented) A template for recording consumed medication dosages comprising:

a recordable medium for recording information about the consumed medication comprising a plurality of sides,

adhesive for applying the recordable medium to a surface,

a plurality of lines printed on the recordable medium defining a plurality of entry fields for recording information, and a first printed time indicia indicating a first time a first dosage of medication was consumed and a second printed time indicia indicating approximately a second time a second dosage of medication is to be consumed, which defines a time interval between the first dosage and the second dosage, and wherein the time interval is based on a recommended range for a particular age group.

- 33. (Previously presented) The template of claim 32, wherein the plurality of entry fields are arranged in one or more columns.
- 34. (Previously presented) The template of claim 32, wherein the recordable medium is an integral part of a label on a medication container.
- 35. (Previously presented) The template of claim 32, wherein the template is an addon feature of a medication container.
- 36. (Previously presented) The template of claim 35, wherein the add-on feature is a note-pad.
- 37. (Previously presented) The template of claim 35, wherein the add-on feature is a note pad with a peclable sheet.

- 38. (Previously presented) The template of claim 32, further comprising one or more pre-formatted fields on the recordable medium including at least one pre-formatted field related to volume.
- 39. (Previously presented) The template of claim 32, wherein the plurality of lines include two or more parallel lines.
- 40. (Previously presented) The template of claim 32, wherein the recordable medium is part of a periphery of a container.
- 41. (Previously presented) A template for recording an ingestible product consumed comprising:
- a recordable surface and a plurality of entry fields for recording information related to the ingestible product,
 - a first entry field comprising a first name entry;
 - a second entry field comprising a first time entry;
 - a third entry field comprising a second time entry; and

wherein the first time entry and the second time entry define a time interval for consuming two distinct dosages; and wherein the second time entry represents an approximate time of a future event.

- 42. (Previously presented) The template of claim 41, wherein the template is part of an adhesive backed note pad.
- 43. (Previously presented) The template of claim 41, wherein the template is an integral part of a medication package.
- 44. (Previously presented) The template of claim 41, wherein the template is an addon feature on a medication package.

- 45. (Previously presented) The template of claim 44, wherein the add-on feature is a note-pad.
- 46. (Previously presented) The template of claim 45, wherein the add-on feature is a note pad with a peelable sheet.
- 47. (Previously presented) The template of claim 41, further comprising a preformatted field related to quantity.
- 48. (Previously presented) The template of claim 41, wherein the plurality of entry fields are arranged in at least two columns.
- 49. (Previously presented) The template of claim 41, wherein the recordable surface is part of a periphery of a container.